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INSIDE

Nelson Artwalk

Artists and venues prepare for the city's 19th annual Artwalk.

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Kutenai fallout

The City hires a new planner and works to finish the OCP while some Nelsonites work to improve citizens' voices for when future developments come to town.

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Surgeon needed

City gets involved in call for local surgeon

by Chris Shepherd

Nelson City council thinks Nelson deserves a surgeon and are asking local health professionals what they think.

At their June 25 meeting councilpassed a motion, tabled by Councillor Gord McAdams, asking City staff to send letters to the Kootenay Lake Hospital chief of staff, the chair of the Emergency Committee and the resident obstetrician. The letters will ask for their professional opinion on the risks of not having a general surgeon in Nelson.

Nelson's last general surgeon, Dr. Ken Muth, is retiring this month and Interior Health has said they won't be hiring a replacement for him.

Interior Health has four general surgeons in Trail, explained Carol Markowsky, chief operating officer for the Kootenay Boundary health service area.

Between the four surgeons there is always someone on call, Markowsky explained.

The Trail surgeons travel to Nelson for day surgery and Nelson's emergency room is able to handle most situations, Markowsky said, adding there is a critical transport team available for emergencies.

Having a surgeon in Nelson isn't practical, Markowsky said. Surgeons need a population of about 20,000 people to generate enoughwork,sheexplained. While the area served by Nelson's Kootenay Lake Hospital has enough people, Markowsky said Dr. Muth only worked half a day a week and didn't have a wait list.

"You can't have somone that's available 24 hours, seven days a week," Markowsky said. "It's just not feasible."

Coun. McAdams said that shows a"disregard to Nelson."

"I have great difficulty with an unelected board . . . making these statements."

> *"It's just plain stupid. You put people at risk with the delay."*
>
> *Dr. John Mackay, chair of the City and regional district health task force*

McAdams hopes feedback from the health professionals will support his efforts to bring a surgeon to Nelson.

There used to be several surgeons in Nelson, says Dr. John Mackay, a retired doctor and chair of the health task force established by the City of Nelson and the Regional District of Central Kootenay.

In 2002 there were three general surgeons with busy, established practices in Nelson, Dr. Mackay said.

That year, budget cuts within Interior Health stopped surgeries that required an overnight stay in Nelson, said Dr. Mackay.

The move effectively killed the practices of two of the three surgeons, forcing them to leave Nelson, Dr. Mackay said. Dr. Muth remained and while he wasn't officially on-call, Dr. Muth "would always come if called."

Nelson needs a surgeon living in the community, Dr. Mackay said, and the 45-minute drive to Trail is too long.

"It's just plain stupid. You put people at risk with the delay," Dr. Mackay said.

Nelson celebrates

CHRIS SHEPHERD

Above, David McFarlane and his son, Caleb, take in the fireworks display put on the Nelson Fire Department for Canada Day at the soccer fields beside Kootenay Lake. Below, Chelsea Robinson and Juggles the Clown enjoy the sun and face paint at Lakeside Park.

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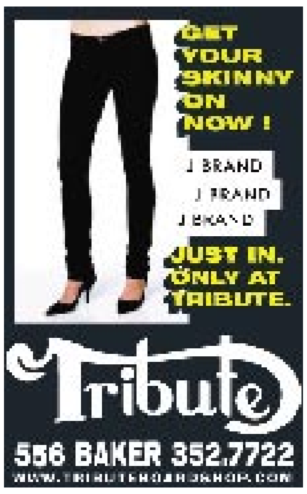
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Business

Raw goodness

Raw food restaurant brings flavourful, uncooked meals to Nelson

by Chris Shepherd

CHRIS SHEPHERD

The chocolate mousse torte is one of Chantale Roy's favourites at her new restaurant, Rawfreshing Cuisine and is an excellent example of how flavourful raw food can be.

A common image conjured up by the mention of raw food is carrots and salads, but Chantale Roy, owner of Rawfreshing Cuisine, is determined to change all that.

Roy opened up her raw food enterprise at 502 Front St. to "introduce people to the variety of raw food."

Her menu includes a range of dishes that includes "pizza" – made with a hemp and walnut crust, pine nut "ricotta," pizza sauce, pesto and vegetables – sushi that uses sprouts instead of rice and a surprisingly rich chocolate mousse torte.

The torte is made up raw cacao butter, banana and avocado on a macadamia nut, coconut and date crust and uses agave nectar as sweetener.

The result, especially when frozen, is like any other treat yet is so healthy Roy says she has no problem letting her children eat the dessert for breakfast.

Opening the restaurant was a natural expansion of her previous business, Raw Cuisine Plentitude, and something of a return for Roy, who ran a raw food restaurant in Quebec, her home province.

Roy says she loves seeing people's eyes light up when the see everything that can be made with raw food. She learnt about the wide variety of dishes from an "uncooking" school in California.

Roy discovered raw food almost by accident. She was working at a community garden in Quebec and found herself snacking on the fruits and vegetables she was growing. Roy noticed she had more energy and felt healthier after eating uncooked food and decided it was the way for her to continue eating. She hopes others will feel the same after trying the various dishes at Rawfreshing Cuisine.

"A raw food diet doesn't have to be boring and sad," Roy says.

Roy even carries the health aspect of her business to her takeout containers, which are made of corn starch or sugar cane fibre and are compostable. Roy also offers catering with platters of desserts and appetizers.

Roy had her official opening on July 1 and is open from 11 a.m. to 6:30 p.m. from Tuesday to Saturday and from 11 a.m. to 4 p.m. on Sunday.

Balancing health and work

Money Honey

Joyce Jackson

In today's fast-paced environment, it can be quite difficult to achieve appropriate work/life balance.

More and more of us are spending inordinate amounts of time on building careers and, subsequently, neglecting our personal lives. Most organizations, however, will tell you that this is just not healthy for anyone involved. It should not be necessary for anyone to work excessive hours in any job on a continual basis.

If this is the case, individuals need to examine the reasons why ongoing crazy hours are required. It could be disorganization, poor time management, staff shortages or inefficient processes that are to blame.

We all must strive to complete the requirements of our jobs, in the time allotted, most of the time. Of course, there will always be times when extra time is absolutely necessary in order to meet demands.

To assist employees with achieving a healthy lifestyle, many businesses large and small already have or are starting workplace wellness programs to help workers stay healthy and productive. These programs work to decrease employee absenteeism, boost productivity, create camaraderie among team members and just plain old improve health.

Even if your operation is a small one you can still get in on the act for a minimal investment. If you have a kitchen, consider providing purified water and a few healthy snacks.

Some businesses offer a benefit to be applied toward anything health and fitness related, like a gym membership. Newsletters and paycheque inserts can provide tips on nutrition, exercise programs or just serve as a reminder to keep fitness goals top of mind.

Other ideas on helping employees achieve healthier lifestyles include posting a walking map in the lunchroom with short jaunts around the neighbourhood, having a local massage therapist come for inexpensive 15 minute massages or having a designated quiet room.

Joyce Jackson is the owner of Lonnie's for Her and Him, an executive member of the Nelson Business Association and a director on the Nelson and District Chamber of Commerce Board.

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‘Reform needed’

Unhappy with council, citizens discuss possible responses to Kutenai Landing decision

by Chris Shepherd

While City staff and councillors prepare the final agreement for Kutenai Landing, some Nelsonites are focussing on changes to the public process and lobbying the provincial and federal governments to stop some aspects of the controversial development from going ahead.

Thirty people attended a meeting at Oxygen Art Centre on Saturday, June 30 to talk about what they perceived was a lack of consultation by City council on the latest development on Nelson’s waterfront and to discuss what, if anything, could be done.

“This is a continuance of the public hearing last Thursday [June 21],” said meeting organizer Adam Casey.

He organized the meeting to bring together people who felt City council ignored their input.

“For some, there was a blatant and flagrant disregard for public process,” Casey said.

Before tackling the five options Casey suggested, participants took turns talking about the approved condominiums.

“I thought we were immune to all this,” said Anthony Hill. “I thought we were different from those other towns.”

Of the five possible actions Casey posted on the walls to discuss, working toward a citizen initiated referendum and lobbying other levels of government drew the most attention.

The citizen’s referendum is an idea drawn from the Yukon Municipal Act which allows taxpayers to collect petitions calling for a referendum on issues like the Kutenai Landing development.

CHRIS SHEPHERD

Michael Karassowitsch and other Nelsonites think there need to be changes to the way the City handles development projects.

B.C. has no equivalent laws but people at the Saturday meeting felt having a similar law would have given people a voice that council would have found hard to ignore in their deliberations.

Members of the meeting found the idea of having such a direct voice on issues appealing.

The other popular option was to start a letter writing campaign to the provincial and federal authorities that approve projects like the marina and club house, two features of the Kutenai Landing project participants felt should not have been included in the proposal.

Local architect Michael Karassowitsch was one of the people who took part in the Saturday meeting and was a vocal participant in the Kutenai Landing process.

Karassowitsch said the public process City staff and council underwent was flawed. The area between downtown Nelson and the waterfront is a “no man’s land,” Karassowitsch said. There’s no continuity between the two areas and Kutenai Landing does nothing to improve it, he added.

Casey was pleased with the turnout for Saturday’s meeting and said there will be another planned to continue the work started that night.

Final agreement expected in three weeks

Over the next three weeks City staff will create a development agreement with New Future for council to approve.

The agreement, said city manager Kevin Cormack, will include details ranging from the road engineering to the width of the sidewalks.

“Until [the councillors] give it the final reading we’ll still have bargaining power,” Cormack said.

The agreement will include bonds from the developers to ensure what they build matches the proposal. The bond can also be used if the developers are unable to complete the project.

The agreement will be tied to the land itself, Cormack said, so if anybody bought the land from New Future they would have to build the development.

OCP update coming

City contracts with RDCK to finish planning document

by Chris Shepherd

Nelsonites should get a look at an updated version of the Official Community Plan by the end of the summer now that the City has contracted out its update.

“We made several attempts at it over the last number of years and we’re finally getting to a point where we can pull it together into a legible document,” said Mayor John Dooley.

The City hired Ramona Mattix, manager for development services for the Regional District of Central Kootenay, to combine recommendations from a 2005 review committee into the 1993 Official Community Plan, commonly called the OCP.

Mayor Dooley said it was a lack of resources that kept the City from finishing the update sooner.

The OCP is a document all communities must have according to the province’s Local Government Act. The plan is a statement of objectives and policies to guide decisions on planning and land use management.

“The OCP is the guiding document,” Mayor Dooley said. “It’s not the bylaw.

“Everybody is entitled to come forward to the City . . . and apply for a variance,” he explained.

The City’s current OCP is especially specific to the heritage buildings, said Kevin Cormack, city manager.

Other items that came out of the 2005 review included encouraging affordable housing, social services and reviewing road capacity and the airport.

Cormack expects an initial draft will be ready by the end of August.

New city planner hired

New full-time position to work on Nelson’s growth

by Chris Shepherd

Nelson is getting a new planner to help guide the city through any growing pains that might lie in its future.

Dave Wahn will replace outgoing planner Trish Dehnel and with the change in personnel comes a change in the job description.

Dehnel was a part-time planner and when Wahn starts in early August he’ll be taking on a full time position.

The City added the approving officer duties to the city planner position, explains Kevin Cormack, city manager for Nelson. That means Wahn will be responsible for approving requests for subdivisions along with working with the city’s heritage commission and advisory planning commission as well as inspecting variance requests.

Wahn will also be responsible for ensuring the community’s Official Community Plan stays current, Cormack added.

“With the development we’ve seen in the last few years we’ll have the resources to get things done quicker,” Cormack said.

Cormack expects Wahn’s transition to city planner will go smoothly because he worked closely with the city in his previous job as senior planner for the Regional District of Central Kootenay.

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The Symposium will include sessions on a range of sustainability issues, with diverse speakers from both within and outside the Basin, sharing their knowledge and experience.

If you are looking for possible responses and strategies to deal with sustainability issues in your community, or want to share your perspective, plan to attend this Symposium at Selkirk College in Castlegar.

Symposium registration will open in September and space is limited. The Symposium is free of charge. A detailed agenda will be released in September. Watch www.cbt.org for more details.

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News

Two schools closed

School District 8 trustees vote to close A.I. Collinson and Gordon Sargent after 2007-08 school year

by Chris Shepherd

The uncertainty is over for parents and teachers at A.I. Collinson and Gordon Sargent schools: After the upcoming school year both buildings will be closed down.

A.I. Collinson Elementary School was the first to fall at the Tuesday, June 26 School District 8 meeting. Trustees Pat Cattermole, Annette Hambler, Mel Joy, Bill Maslechko, Penny Tees and Bob Wright voted to close the school while Bob Ewashen, Art Field and Lenora Trenaman wanted to keep the school open.

"Money savings from closing this rural school is not a major factor," Ewashen said as he defended the school at the meeting. "The fact children will have to travel further to get to school is an important factor."

The school district will save roughly $50,000 a year by closing the school at 2780 Highway 3A.

For Cattermole, the savings and the enrolment crunch facing the school district were hard to ignore.

"We're going to lose programs if we don't close spaces we're not using," she said.

> *"This is the first time they have actually closed a school that doesn't have declining enrolment."*
>
> *Sally Hardy, Gordon Sargent parent*

Enrolment is declining across the school district, said superintendent Bill Reid. Two hundred students graduated from L.V. Rogers Secondary School this year and the district has just 99 children registered for next year's kindergarten.

The Ministry of Education funds school districts based on the number of students they have and as the number of students goes down, so does the funding. The costs to maintain buildings stays the same which is why the district is looking to close some, Reid explained.

When school trustees turned their attention to Gordon Sargent Primary School, their reasons for wanting to close were the same, though some trustees switched their votes from the A.I. Collison decision.

Trustees Maslechko, Hambler, Joy, Wright and Ewashen – who voted to keep A.I. Collinson open – said Gordon Sargent should close. Trustees Field and Trenaman were joined by trustees Tees and Cattermole – who both had voted to close A.I. Collinson – in supporting Gordon Sargent.

The school district will save roughly $90,000 a year by closing the primary school.

Speaking after the vote, Sally Hardy, who has a child at Gordon Sargent, said parents and teachers are still working on some options to keep the program running after the building is closed.

Parents and teachers are hoping the program at Gordon Sargent, which mixes the different grades at times, will be moved as a whole to another building.

Hardy was disappointed with the trustees' decision.

"This is the first time they have actually closed a school that doesn't have declining enrolment."

> *"We're going to lose programs if we don't close spaces we're not using."*
>
> *Pat Cattermole, SD8 trustee, speaking on why A.I. Collinson has to be closed*

The school closures are part of the school district's consolidation process, said superintendent Reid.

Part of that consolidation will include eventually closing South Nelson Elementary and moving all the students there into a renovated Trafalgar Junior Secondary.

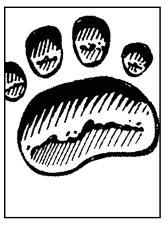
South Nelson and Trafalgar are both due for major renovations, Reid said.

"But we know that the Ministry [of Education] is not going to fund two renovations in a district that's not operating near capacity in their buildings.

"And so the new Trafalgar will be a K to Grade 8 school."

Speed dating returns to benefit pets

Paws for Thought



Emma Cox

Speed dating is back. Last year we had such huge success with the speed dating evening that we are organizing another. It will take place on Thursday, July 12 at the Spiritbar in the Hume Hotel in Nelson.

For those of you who don't know anything about speed dating here is a brief outline:

Ladies all sit at tables with an empty seat opposite. As the men arrive they each sit at one of the empty seats.

Every one gets a few minutes to chat and find out a little about the person sitting opposite, then the host will ask the men to move on to the next table.

You will get a few moments to jot down any information that you want to remember about the person that you just chatted with before you start the next conversation.

At the end of the evening there will be a chance to mingle at the bar with all the people who attended so if you want to find out more about a particular person this is your chance. Everyone then hands their notebooks over to the host and should have clearly marked on each page whether or not they want their information passed onto another person.

Any exchanging of contact and personal information is done in the strictest of confidence by the host of the event. You do not pass the information on yourselves.

A sign up sheet will be available at Central Bark and the Second Chance Animal Shelter.

The cost will be $20 per person and all proceeds will go directly to the shelter.

You must pre-register.

Don't forget this is an evening to raise funds for the animals, it is not intended to be a serious business, it is merely a fun evening.

We cannot possibly make sure that all the people there are in the same age range or have the same outlook in life.

Please attend with an open mind and be ready for some fun.

Last year we raised $2,000 for the homeless animals and made a few romantic matches, lets see if we can do better this year.

Second Chance Animal Shelter is a non profit registered charity and can be found on the Ymir Road in Nelson next to the Nelson Animal Hospital. For more information call Sherry Perry, shelter director at 352-2228.

Emma has lived in Nelson for seven years with her dogs, Dharma, Koda and Mortimer, and her cat Marmaduke. She is co- owner of Central Bark on Ward Street in Nelson.

EXPRESS Pet of the Week

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News

CHRIS SHEPHERD

Christine Jackson and Colleen Matte from Earth Matters show off the rich soil that used to be food waste and would have ended up in landfill if it wasn't for Earth Matters' former composting program.

Diverting food waste

Earth Matters hopes to keep composting on top of Nelsonites' minds while they prepare for a new food waste collecting business

by Chris Shepherd

A composting project that diverted five tonnes of waste per week from the city's garbage dump ended earlier this year but organizers are hoping to keep the composting spirit alive until they can start a new business.

Earth Matters ran a two-year project that collected food waste from a grocery store and several restaurants when their funding ran out, forcing them to abandon the project in March.

The interest shown by businesses, who were saving money by paying to have their compost taken away rather than have it included in their regular waste, and from people who wanted their home compost collected was enough for Colleen Matte, general manager for Earth Matters, to look into starting a business.

Matte applied for grants to do a feasibility study and business plan and will talk with the Regional District of Central Kootenay about how composting could work at their transfer station beside Kootenay Lake.

Earth Matters has been using a part of the transfer station already.

Matte and Christine Jackson, Earth Matters' compost consultant, call the current compost heaps "the mound."

The compost is kept in rodent proof wire containers that keep the vegetable matter off the ground and allow plenty of air to let the waste compost.

Composting is different from what happens to food waste in a landfill, Jackson says.

There's not enough air in landfills and the rotting creates carbon dioxide, nitrous oxide and methane gas.

Composting doesn't create any of those byproducts and after eight weeks what was once food waste is perfect for enriching gardens.

"It's nature's way of recycling," Jackson says.

While food waste collection is on hiatus for the summer, Matte and Jackson hope to keep composting on the tops of people's minds.

As compost consultant for Earth Matters, Jackson is available to work with people to improve their home compost piles and will be at the Cottonwood Falls Market where Earth Matters keeps several different styles of compost piles on display.

Matte says there are some difficulties in promoting composting at the moment. The region's landfill won't get near full for another 50 years so the issue isn't a pressing one for decision makers.

But diverting food waste makes sense and she and Jackson hope to have a business plan in place by next January to start collecting the City's food waste.

Kootenay Book Weekend's reading ideas

With summer quickly approaching, what are you planning to add to your reading list? The Kootenay Book Weekend has the following recommendations.

Brahma's Dream by Shree Ghatage. is set in Bombay amid the turbulence of India's surge towards independence. A joyous and moving novel, Brahma's Dream explores the Hindu belief that all life and all events are only a part of a vast continuum, and that momentous political and social change, birth, marriage, and even death, are a twinkling in the eye of a god.

The Tortilla Curtain by T. C. Boyle takes the reader to Topanga Canyon, home to two couples on a collision course.

Set in Rwanda in the early 1990's, Sunday by the Pool in Kigali by Gil Courtemanche is a tragic love story.

Small Island by Andrea Levy explores a point in England's past when the country began to change. In this delicately wrought and profoundly moving novel, Levy handles the weighty themes of empire, prejudice, war and love, with a superb lightness of touch and generosity of spirit.

All four titles, available at the Nelson Municipal Library and Otter Books, will be discussed at the Kootenay Book Weekend September 21 to 23 at the Best Western Baker Street Inn in Nelson.

Special guest author, Shree Ghatage, will be speaking at 11 a.m. Sunday, September 23.

Join the club for a weekend of passionate discussions, fun and entertainment. Visit their website at www.kootenaybookweekend.ca. for more information.

Briefly

Peak oil, climate change and the challenges of the 21st century

Wednesday, July 11, 7 p.m. at the Anglican Church Hall

Julian Darley, an author and lecturer on peak oil and sustainable energy, is coming to Nelson to give a presentation as part of the West Kootenay EcoSociety's efforts to bring ideas and solutions on climate change and environmental challenges.

Darley is the founder and president of the Post Carbon Institute which focusses on peak oil – the point when oil production reaches it highest point then declines – and climate change.

For more information on Darley's work visit www.postcarbon.org and for more information on the event contact the EcoSociety at 354-1909.

Suggested admission is $7.

Breath of Spring
2007
Our goal this year is to raise $58,000 to purchase a *Digital Processor* for the new Operating Room at Kootenay Lake Hospital.
To date we have raised $42,040, and it's not too late to make your donation. Simply contact Bryna at the KLH Foundation office at 354-2334 or send your donation to:
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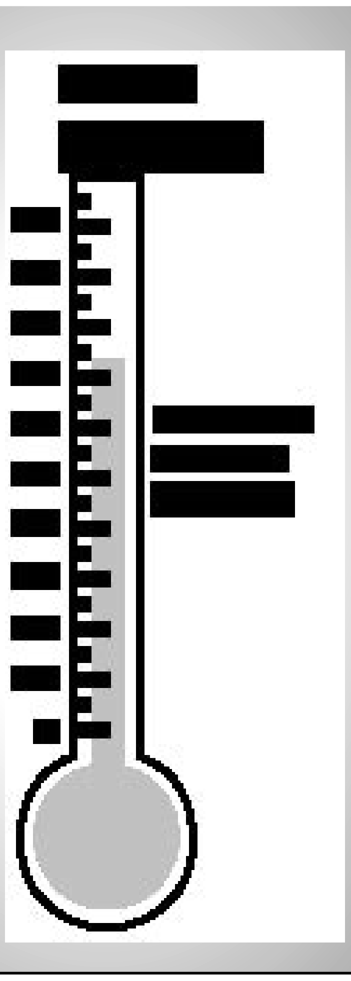


News

Explaining creek level fluctuations

Why does the level of a creek not change noticeably when you watch it? How can it be getting such a constant flow of water (from other creeks? rain? snow?) to maintain its level?

Ask Dr. Science

Dr. Christine Humphries

To answer this question, I contacted Mike Walsh, a civil engineer with Selkirk Power Company Ltd. in Nelson. Here is what he wrote to me.

Creek and river levels actually do change all the time, however, it usually happens over a long period of time and very slowly.

The flow appears so constant because creeks get their water from rainfall, snow melt and groundwater seepage that come from the creek's entire catchment area.

During rain events, some of the rain runs off the ground surface into the creek and some gets absorbed into the ground and becomes part of the groundwater table. In other words, the rain does not enter the creek all at once and come down in one big wave.

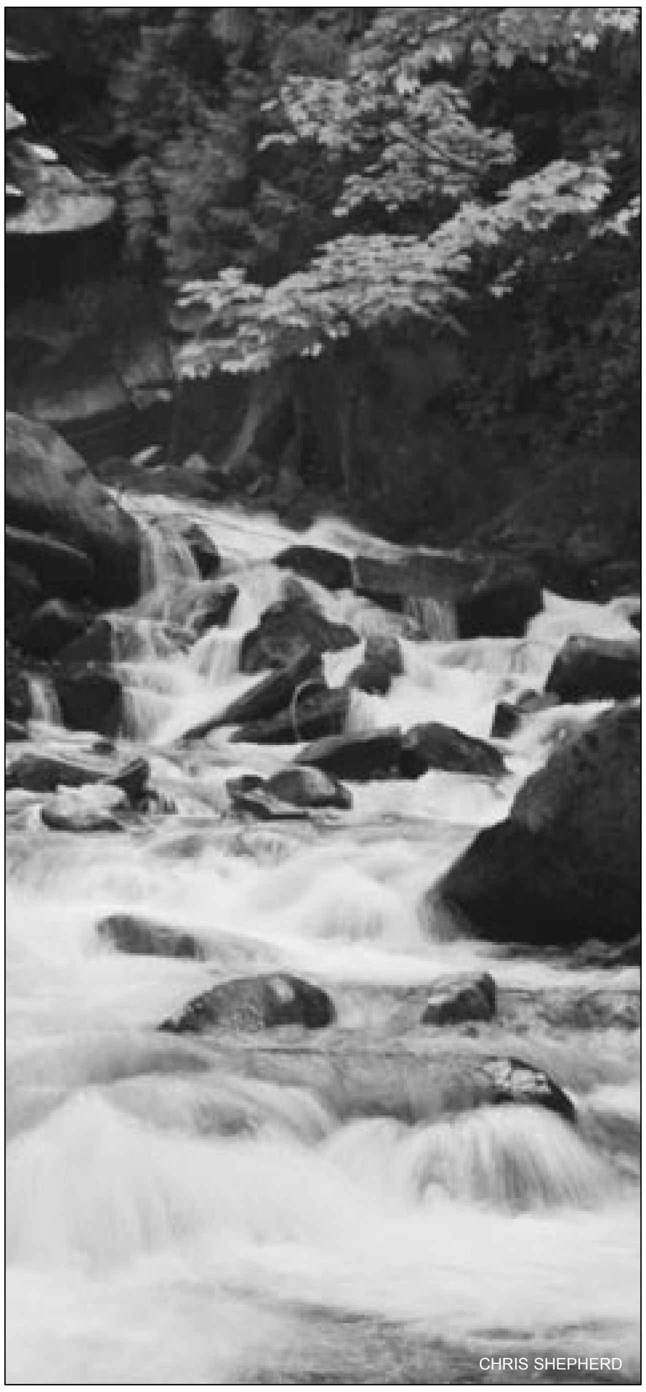
Rather, it takes a while for the surface water from all around the creek's catchment to make it to the creek and flow along its length. The rain falling close to a point of the creek could enter the creek in minutes, while the surface water from the farthest point of the catchment could take hours or even days to reach that same point on the creek.

So, as the rainwater from the farther points of the catchment flows along the creek, it appears that the flow is fairly constant.

For snow melt, the process is basically the same as for rainfall. Some of the melt becomes part of the groundwater table and some runs along the ground into the creek.

However, unlike rain, snow melt takes place over a much longer time. When there is no rain or snow melt taking place, the creek still receives water from the inflow of groundwater from previous snow melt and rain.

In mountainous creeks, groundwater is basically like a big storage of water that is slowly let out over the year. This groundwater flow is usually quite constant and changes very slowly over a period of weeks or months.



CHRIS SHEPHERD

Dr. Science is in real life, Dr. Christine Humphries, a molecular biologist and resident of Nelson, B.C. Do you have a question for Dr. Science? Send it by e-mail to express@expressnews.bc.ca

Kootenay Rhythm Dragons raise $10K for cancer survivors at fashion show

Raffles and toonie auctions raised $10,000 to support local cancer survivors at a fundraiser earlier this month.

The Kootenay Rhythm Dragons hosted the July 15 Eye of the Dragon Fashion Show fundraiser at Beach Taghum Bed and Breakfast.

The event raised funds for local breast cancer survivors including eight team members who will be representing Nelson in the "Abreast In A Boat" Celebration, in Caloundra, Australia this September.

The evening of fun and fashion with 200 women and a few gentlemen began with the lakeside ceremony of blessing the dragons.

Aboriginal elder, Bob Campbell of the Sinixt First Nation began with a blessing of the land, the water and the women paddlers. Zasep Rimpoche, a Tibetan priest, intoned a chant which meant "going beyond powerfully, toward peace and happiness."

Following the chant, Zasep Rimpoche performed the traditional dotting of the eye of the dragons.

Following the ceremony, Mary Walters, offered an insight to the journey of breast cancer survivorship over the past 13 years. Early detection is a key and she urged women to have mammograms and do breast self exams. Nelson is fortunate to have a breast cancer support group, a dragon boat team and a community of women who support each other in their health and well-being, she said.

Walters introduced the survivor paddlers who will be representing Nelson in Australia. They are Vivian Baumgartner, Jill Cowan, Jeanette McCarvell, Patti Miller, Mieke Nyst, Judy Sheppard, Bess Shuurman and Mary Walters.

An exciting evening of fashion was presented by Shirley Boyes of Sensations Klothes Shoppe and Noreen Lynas of Cottons. Attendees were treated to an outdoor extravaganza of beautiful dresses as well as practical workday fashions. In addition, the members of the Kootenay Rhythm Dragons modelled a stunning variety of hats created by Liz Cohoe of Lillian and Cohoe, Nelson hat designer. Generous donations of appetizers and desserts donated by Nelson restaurants and caterers were served throughout the evening.

The raised money will support local breast cancer survivors, purchase equipment for the chemotherapy room at Kootenay Lake Hospital and assist the eight breast cancer survivors to travel to Australia.

British Columbia Environmental Assessment Office
Invites the Public to Comment on the
Glacier/Howser Project
Draft Terms of Reference

The B.C. Environmental Assessment Office (EAO) invites the public to comment on the draft Terms of Reference (ToR) for the Glacier/Howser Project (Project).

Purcell Green Power Inc. (Proponent) is proposing to build, own and operate two hydroelectric facilities on the east side of Duncan Reservoir in the Regional District of Central Kootenay, approximately 15 kilometres north of Meadow Creek. The facilities would divert water from Glacier and Howser Creeks, and have a combined capacity that may reach 125 MW. The Project includes a 230 kV transmission line that would cross the Purcell Mountain range and interconnect to a substation located in the Regional District of East Kootenay, six kilometres west of Invermere.

The proposed Project is subject to review under British Columbia's *Environmental Assessment Act*, S.B.C. 2002, c.43. The purpose of the draft ToR is to identify the information that the Proponent must include in its application for an environmental assessment certificate.

A 38-day public comment period will begin on July 13, 2007 and end on August 20, 2007. Form letters, petitions or other submissions that only state a position for or against a given project cannot be considered. Written comments received **by midnight on August 20, 2007** will be considered. After taking public comments into consideration, the EAO will finalize the ToR and issue them to the Proponent.

Please send your comments to:

Garry Alexander, Project Assessment Director
Environmental Assessment Office
PO Box 9426 Stn Prov Govt
Victoria, B.C. V8W 9V1
Fax 250-356-6448

Comments by e-mail are encouraged and may be directed to **Glacier.Howser@gov.bc.ca**

An electronic copy of the draft ToR, as well as information regarding the environmental assessment process, is available at **www.eao.gov.bc.ca**

Copies of the draft ToR are available at public libraries in Kaslo, Invermere, Nelson, Castlegar and Cranbrook.

NOTE: All submissions received by the EAO regarding this Project are considered public and will be posted to the EAO website in their original form. Third party material, such as full newspaper or journal articles, cannot be posted because of copyright laws. If you do not want your address and/or e-mail address and telephone number posted to the EAO website, please indicate this with your comments.

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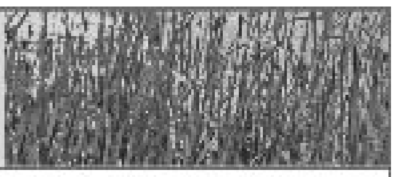


COLUMBIA BASIN TRUST
INVITES RESIDENTS TO ITS
ANNUAL GENERAL MEETING

Friday, July 20, 2007
4:00 pm
St. Eugene Mission Resort
7731 Mission Road
Cranbrook, BC

Join the Columbia Basin Trust Board of Directors at CBT's Annual General Meeting in Cranbrook. The AGM will focus on the presentation of the 2006/2007 Annual Report. There will be an opportunity to ask questions about the Annual Report and CBT activities as well as presentations from community groups who have received support from CBT. Copies of the Annual Report will be available at the meeting.

If you are interested in making a presentation, please contact Maureen Forster at mforster@cbt.org or 1 800 505 8998.

For more information on the Columbia Basin Trust or to sign up for BasinLink, our email newsletter, visit www.cbt.org or call 1-800-505-8998.

1.800.505.8998 info@cbt.org www.cbt.org

Opinions & Letters

Editorial

Keep the soon-to-be emptied school buildings for the school district's future

With the decision to close A.I. Collinson and Gordon Sargent schools School District 8 has taken steps to meet an impending population crunch that will see the region with far fewer students than it has had in the past.

Going by the numbers only, this was a necessary step and the decision has been made.

There are more questions surrounding these two schools, however.

The district closed them to cut down on the floor space it needs to maintain.

Given the student population is dropping and that the school district's funding is tied to the number of students in the classroom, there is some logic to their decision.

But the student populations won't always be declining and one might hope the numbers will start to rise in the future.

Future school trustees will have to face crowded classrooms and the high bills associated with building new buildings.

That can be avoided if the school district holds onto the two buildings that will be emptied at the end of the 2007-08 school year.

Obviously the district can't be expected to keep empty buildings until that nebulous future, but these buildings are in good shape and could provide some income to the cash-strapped SD8.

There are a variety of uses the school district should fully explore before selling or demolishing those buildings.

A.I. Collinson would make a natural community centre for that neighbourhood on the North Shore.

Both buildings would serve well as day cares, a rare commodity in the region.

In a similar vein, after-school programs could be run out of the buildings.

Given the creative minds that live in the Kootenays there should be no shortage of ideas to make use of these buildings until they're needed once more for what they were intended: Educating our youth.

Fish Heads & Flowers

xxx

Send us your Fish Heads and Flowers! All submissions to the Express Fish Heads and Flowers section will be considered provided that no one is identified in the text or signature, all signatures are anonymous, and the submission is both concise and written in good taste. We reserve the right to withhold publication of submissions if these standards are not satisfied. To submit your gift of Fish Heads or Flowers, you may send email to express@expressnews.bc.ca, drop off or mail to 554 Ward Street, Nelson, B.C., V1L 1S9, or fax to (250) 352-5075. We will not accept submissions over the telephone. The Express cannot guarantee that your submission will be printed due to space limitation.

Vote out councillors who supported Kutenai Landing

Dear Editor:

With regard to the passage of the proposal for Kutenai Landing, we need to vote out members of council who were responsible for or supported its backing.

Protecting the environment is not only a question of air and water pollution, it's also a question of its sight and sound counterparts. You have only to look at the condominium development in Kaslo to see a shocking five story Kootenay monstrosity.

As for sound pollution, are we not already beset by the "hack-hack" sound of helicopters during bush fire season?

And now, with a new marina we are to add to the "menu" the sounds boat motors roaring and sputtering in our ears.

Is this new direction a concerted attempt to repulse tourists from summertime Nelson. To also scare off fauna, and perhaps destroy flora?

The favourable members of council appear blind and deaf to the depiction of the planet as hanging on a string when it comes to understanding the massive perils now endangering our ecosystems upon which we depend for our survival.

The citizens of Nelson and the EcoSociety, faced with a defining moment, need to organize to prevent the opening of floodgates to serious environmental damage.

Phil Mader, Nelson

Commentary Stuck in the wheels of democracy

Alex Atamanenko, MP for B.C. Southern Interior

A poll conducted for Greenpeace earlier this year, found that 79 percent of B.C. residents support legislation requiring genetically modified (GM) food to be labelled as such. This high percentage has been typical in polls throughout Canada for years and speaks volumes about the biotech industry's influence over our policy makers to resist bringing forth the labelling laws consumers are demanding. The system of voluntary labelling that the government adopted in 2004 has yet to result in a single label to indicate the presence of GM organisms (GMO's), even though 70 per cent of processed foods contain them.

The Powell River Regional Board is the first Regional District in B.C., and one of the first areas in Canada, to declare itself a GM Free Crop Zone. They hope other provinces will follow their lead. In 1999 the Union of B.C. Municipalities passed a resolution that is still being referred to and supported by farmers and citizens today. The Islands Trust has also passed a resolution on GM for the Gulf Islands as well. In 2004 the Canadian Wheat Board, after a long fight, prevented GM wheat from being introduced in Canada. The National Farmers Union has also fought long and hard for mandatory labelling of GM food products.

Elsewhere in the world over 4,500 municipalities in 174 regions in Europe have declared themselves GMO free. Ireland's new coalition government has just adopted a GM free policy. The list of GM free zones in the world is growing steadily and there are legal requirements for labelling in over 40 countries.

As more and more communities organize to declare their regions GM Free the biotech industry continues their lobbying efforts on the world's governments to prevent restrictive laws from being enacted.

For example, in July the U.S. will be considering language to include in their new Farm Bill that reads: "….no State or locality shall make any law prohibiting the use in commerce of an article that the Secretary of Agriculture has (1) inspected and passed or (2) determined to be of non-regulated status." Needless to say, if this passage is enacted it will override all of the significant and hard won GM regulations already in place in a dozen U.S. states.

The passage into law of Bill C-456, requiring mandatory labelling of GM food, which I recently tabled, would give Canadians the ability to make informed choices on their food purchases. Only by labelling will consumers have the ability to affect the marketplace and determine whether a future for GM food can be built on consumer confidence, as opposed to consumer coercion, or not.

A peer-reviewed study published March 13, 2007, in the American journal Archives of Environmental Contamination and Toxicology, revealed that Monsanto corn MON863 caused serious damage to the livers and kidneys of rats in feeding trials. Prof. Gilles-Eric Seralini, who conducted the study on data initially suppressed by Monsanto, said "this maize cannot now be considered safe to eat. We are now calling urgently for a moratorium on other approved GMs while the efficacy of current health-testing methods is reassessed."

Another independent study by the French research institute CRIIGEN has found abnormalities in the size of livers, kidneys and birth weights of rats that were fed Monsanto's NK 603 corn. (approved in Canada since 2002).

When it comes to GM food the wheels of democracy seem to be stuck. As more and more seeds from GMO crops contaminate natural crops, farmers are steadily losing their right and their ability to grow GM free food. Are we really ready to allow our governments to get away with depriving future generations of the right to choose all-natural foods by refusing to pass laws to protect that right?

Letters to the Editor

We encourage our readers to write to us. Please address letters meant for publication to the editor. We do not accept open letters. Letters must be short (200 words maximum) and to the point.

We reserve the right to edit letters, and the decision to publish or not to publish is completely at the discretion of the editor and publisher.

Commentaries can be longer (500 words maximum) and are more in-depth than letters.

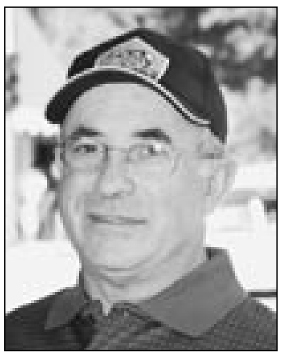
If you wish to write a commentary, please first contact the editor.

All letters and commentaries must be signed and include your name, address and phone number.

We will not print "name withheld" letters. Opinions in the *Express* are not necessarily those of the publisher or the *Express* advertisers.

Street Talk

What should be done with the school buildings that will be emptied next year?



I believe the buildings should be used by the public, something for the good of the community.

Domenico Ceronea, Nelson

I really don't believe they should be closing in the first place.

I believe they [Gordon Sargent] has a special program that should stay open.

Teresa Segstro, Nelson

Back home we went through that. The buildings were kept and different agencies were put in them.

Things like daycare or social services.

Penny McCann, Slocan City

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EDITOR Chris Shepherd

News

Dealing with backdraft

I just purchased a 60-year-old house with a stone faced fireplace in the centre of the living room. The fireplace is beautiful but the rock work is smoke stained above the firebox. It looks like the smoke from the fireplace comes into the living room. I'd like to fix it before winter but I'm not sure what to do. Do you have any suggestions?

Home Front

Steve Cannon, Chris Morris & Bill Lynch

Even though there are signs of problems and the weather is warm, I suggest that you get a good fire going in the fireplace to confirm your suspicions. If the smoke from the fireplace is escaping into your living room, this is called backdrafting. The good news is the problem can be remedied. However, if a quick fix is unsuccessful, the next steps are more expensive.

The fundamental problem is often that the fire simply lacks enough air to draw the smoke up the chimney. So, the smoke lingers in the fire box and inevitably spills into your living room.

Here's the quick fix. Try installing a four-inch sheet metal or plastic pipe through an exterior wall to a location at or near the firebox. Install an inflowing flap on this pipe at the exterior wall so combustion air to your fireplace is pulled in only when required. This pipe will provide the fire with all the oxygen it needs for a clean burn and the additional air will help the fire draw the smoke up the chimney to the outdoors.

However, this additional air to the firebox may not entirely solve the problem. Occasionally, backdrafting is a symptom of a bigger problem that is more costly to correct. When the wind comes from a particular direction and rolls over and down your roofline, it can push the rising smoke from the firebox back down your chimney. This is much more likely to happen when your chimney lacks the minimum clearances to the adjacent roofline.

For instance, the rule of thumb is that the top of all chimneys should be at least two feet higher than any roofline or surface within 10 feet measured horizontally from the top of the chimney flue. If your chimney does not meet this minimum specification, this is another likely cause of your backdrafting problems.

To complicate matters, you may light a fire and find the fire draws adequately on some occasions and poorly on others. If the chimney height is the problem, the backdrafting will only occur when the prevailing winds are coming from a direction that pushes the smoke down your chimney. By increasing the height of your chimney, you ensure that air currents rolling down your roofline cannot push the smoke into your living room.

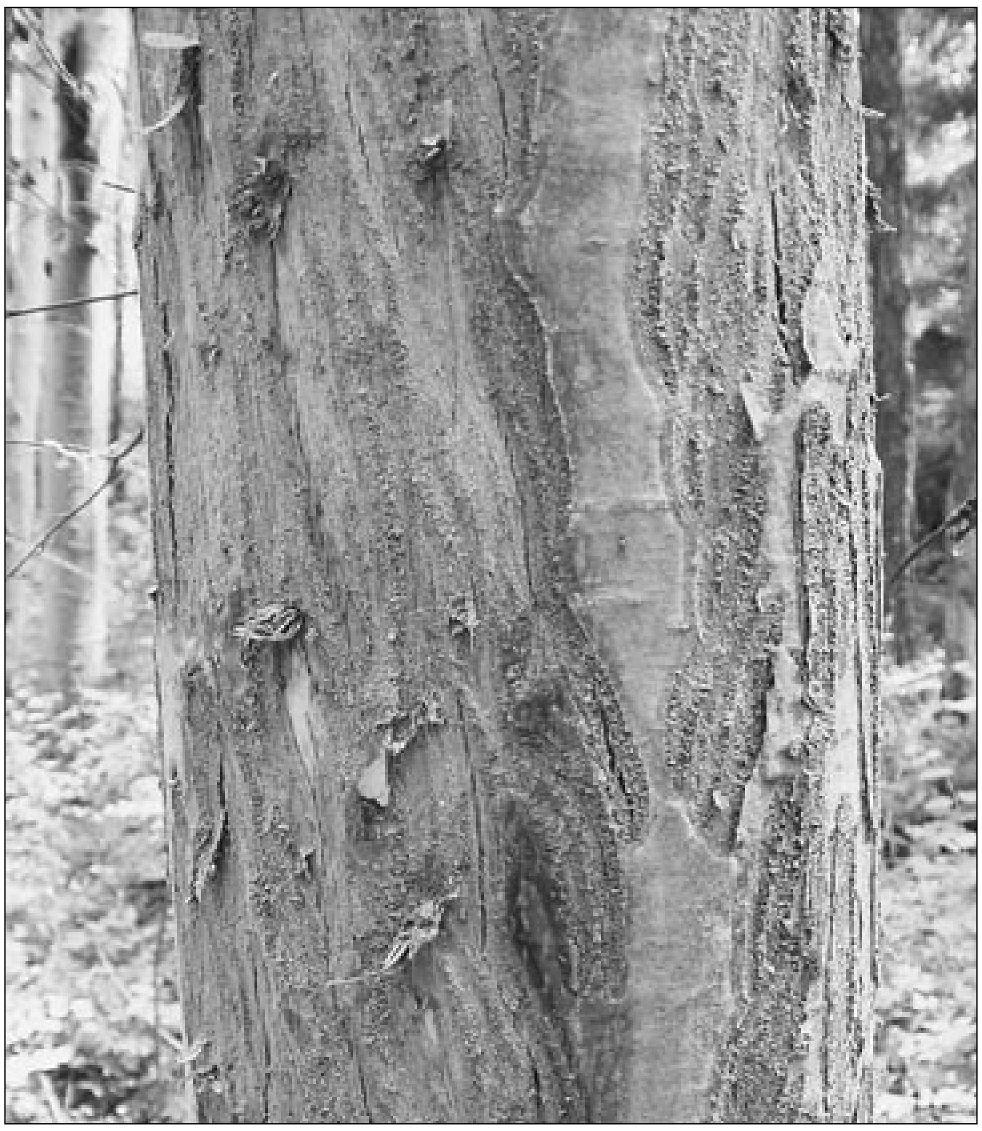
You will find that the higher the chimney, the better the draw and the less likely the chimney will ever backdraft again.

Steve, Chris and Bill are Building Consultants with Lynch Building Inspection Services Ltd. of Nelson. Do you have a question for Home Front? Send it by e-mail to express@expressnews.bc.ca

Learn the language of the forest

Nature Notes

Emily Nilsen


EMILY NILSEN

Lines chiselled out of this tree show deer have been feeding on the cambium, the inner bark.

Being aware of the forest and the animals that reside within is an integral part of wilderness appreciation.

Spend any amount of time in the forest and the language of the land will begin to reveal itself.

It may be slow at first, teasing you with a moose track pressed into the mud or an inquisitive bird call, but gradually the subtle angle of a broken twig will give rise to new vocabulary. There are ways to learn this language.

First, be still. Lean your shoulders against the solid bones of a tree and take in the ever-active forest. Whether you are out on the trails behind Nelson, or scrambling around behind your property in Blewett, we often travel with such speed that the edges of the environment are lost in our movement. Taking time to map the landscape requires patience and calm.

Second, use your senses. Sight will show you patterns that exist in nature. The tracks of a porcupine's tail laid along the muddy ground like a paintbrush marking canvas with deliberate strokes, a seedling softly bent sideways from repeated antler rubs, or rounds of grass flattened with the weight of an animal at rest.

Listen to the forest unfold with sound. The soft tambourine of trembling aspen leaves, a grouse beating its wings in the distance, or an underground creek trickling through tree roots can all be heard. Layers of sound will be heightened, what is still unseen may be heard.

Third, learn what to look for. I was amazed to have a friend tell me that after many years of practice, and many hours hunched over the ground, he could identify the age, gender and emotional state of an animal, simply by looking at the signs it left behind.

Both knowledge and experience will give you the tools and sharpen your intuition. Tracks, feathers, beds, hair, chews and scat will become clues as to who has been where and done what.

The Land Conservancy is a non-profit, charitable Land Trust working throughout British Columbia to protect important habitat. If you would like more information contact Emily Nilsen, the Terrestrial Stewardship Advisor, at enilsen@conservancy.bc.ca or 354-7345.

NELSON & DISTRICT COMMUNITY COMPLEX

BASKETBALL CAMP

[redacted]

[redacted]

ART CAMP

[redacted]

[redacted]

[redacted]

Open Fire Restriction

in Southeast Fire Centre

Effective at 8 a.m. on July 5, 2007 and until further notice, the use of fireworks and burning barrels are prohibited throughout the Southeast Fire Centre.

This fire ban applies within B.C. Parks and to all public (Crown) and private land outside of organized areas. This fire ban does not apply within municipalities or regional districts that have their own burning bylaws. Please check with your local authorities before lighting a fire.

This open fire ban is in effect to protect public safety and to limit the risk of person-caused wildfires. This ban does not restrict campfires or fires in stoves using gas, propane, or briquettes.

The ban is in addition to the Category 2 and 3 open fire bans that took effect on June 25.

The Southeast Fire Centre encompasses the area extending from the U.S. border in the south to the Mica Dam in the north and from the Okanagan Highlands/Monashee Mountains in the west to the B.C./Alberta border in the east. This includes all of the Arrow-Boundary, Kootenay Lake, Rocky Mountain and Columbia Forest Districts.

To report a wildfire or unattended campfire call 1-800-663-5555 or *5555 on most cellular networks.
For more information on open fire restrictions or for updates on current wildfire activity, visit www.bcwildfire.ca.

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[redacted]

[redacted]

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Nelson & Area Rideshare

[redacted]

[redacted]

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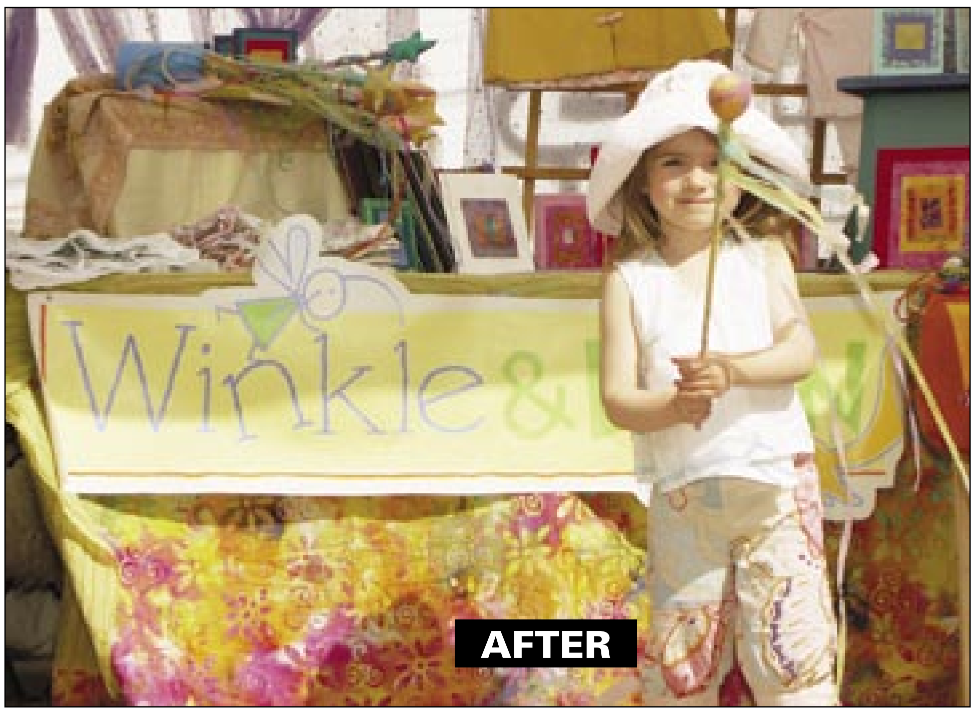
FORTIS BC
BC hydro

Fashion

Winkle and Bean Children's Clothing



Style Solutions Tip Of The Week

Winkle and Bean will be at the market only till the end of July, so make sure to check them out before they leave for India.

Our three-year-old model Laurel is looking for fresh new outfits for the summer. She is active and also wants to keep comfort in mind. Style Solutions question of the week: How can we find an outfit that is fun and comfortable for the summer heat?

We found an outfit for Laurel at Winkle and Bean Children's Clothing located at the Cottonwood Falls Saturday Market.

This is a fair wage ethical company that employs Tibetan refugees in India and always keeps comfort and simplicity at heart.

The founder of the company, Phoebe, lives in India part of the year and is very hands on with the design of the clothing and only uses high quality natural fabrics.

To keep her protected in the summer sun, Laurel is wearing a lightweight cotton hat with a wide brim ($16) and a light cotton wrap shirt ($16) with beautiful paisley trim and ribbon embellishment at the bottom.

The butterfly Capri pants ($22) fasten at the side with a knotted Tibetan button and delicate white sea shell button. The waist band and cotton ties at the knees are made from soft pink linen cotton and tie the entire outfit together beautifully.

To add fun to the outfit Laurel is also accessorized with a whimsical, locally made felt and organza ribbon fairy wand ($11).

Laurel has soft fine hair with a slight natural wave. Her ends were trimmed and a light layering was added to frame her face. Even when growing in length it is important to keep young kids hair trimmed to encourage fullness and to help prevent wispiness.

Style Solutions

Svetlana Bell

In partnership with some of the local businesses, we are looking for nominees and volunteers to be chosen to have practical style questions answered.

Are you starting a new hobby and need expert advice on what to wear? Do you know a fashion disaster in need of help? Are you stylishly outdated and need a new look? Is there a special event fast approaching and you have yet to find an outfit?

To participate in Style Solutions, you may volunteer yourself or nominate someone else. All shapes, sizes, ages and genders welcome. It's all for fun.

Each model will be outfitted with a new look, as well as receiving a hair makeover or style (if applicable) and will receive a $50 gift certificate from the participating store.

To participate, or nominate someone you know contact the Express at express@expressnews.bc.ca

Svetlana Bell is the owner of Front Street Hair Studio. She has over 14 years of experience as a stylist and is a certified member of the Cosmetology Industry Association of British Columbia.

FILL IT UP, PLEASE

The *EXPRESS* is **Read Everywhere**, even in Russia!

Sisters Kati and Anni wrestle with the raw wind to read the Express while enjoying the sites in Moscow's Red Square on their fairy tale-like visit to Russia.

Going somewhere?

Send us a photograph of you with your Express in a far away land. Whether it's Trail or Timbuktoo, your community wants to know where you are and what you are doing. Send your 50 words and photo to: ***EXPRESS*** Community Newspaper, 554 Ward Street, Nelson, BC, V1L 1S9, or email us at express@expressnews.bc.ca.

SOME AD THAT'S BEEN EXPANDED OR SOME SUCH THING.

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Arts & Entertainment

Hume Hotel

Weekly Lineup:

SUNDAYS – The Truman Show (brunch) • Nikko (evening)
MONDAYS – Sarah McGlynn & Rich Rabnett
TUESDAYS – Cliff Maddux & Friends
WEDNESDAYS – Paul Landsberg & Bert Peters
THURSDAYS – Rob Johnson & Friends
SATURDAYS – 2nd & 4th Saturday of each month features the Incomparable Hume Quartet

Nelson's Live Jazz Venue
Library Lounge
6pm - 10pm

NELSON'S HERITAGE HOTEL SINCE 1898

spiritbar

• WEDNESDAY 4th Krafty Kuts
• THURSDAY 5th Block Party featuring DJ Bryx & Mr. Smith
• FRIDAY 6th Shy FX & B. Traits (Drum & Bass)
• SATURDAY 7th Matt The Allen, Cypha Nex & Emotionz (Hip Hop)
• TUESDAY 10th MerQury-A Tribute To Queen

Walking to art

Nelson's annual Artwalk brings 34 artists to 13 venues across the city

by Chris Shepherd

The 19th annual Artwalk is set to make tracks along Nelson's streets this summer with the opening receptions starting this Friday.

"The Artwalk was originally to encourage artists to make the leap from amateur to professional by giving them an avenue to sell their items," says Shannon Lythgoe, organizer of this year's walk and executive director of the Nelson and District Arts Council.

"People will be surprised by the level of quality and professionality," Lythgoe says.

The Artwalk will be stretched over 13 venues in Nelson this summer including the Dancing Bear Inn, Kutenai Clothing Company, Kootenay Bakery Café, Craft Connection Cooperative, Kolmel Silver and Gold, Isis Essentials, the All Seasons Café and Hemp and Company.

This year's Artwalk also includes four new venues at The Royal on Baker, Touchstones Nelson, the Whitehouse Backpacker Lodge and Bigby Place.

The venues are all very encouraging to the artists, Lythgoe says, noting The Royal on Baker went so far as to create space to feature art.

Thirty-four artists will get a chance to display their work this summer and all items at the venues will be for sale.

Lythgoe likes the way Artwalk mixes up the different groups in Nelson.

"It's a way for people to go into some businesses they might not usually," she says. "There's a real cross pollination in Nelson and I think that's an important function of Artwalk.

Pamphlets explaining which artists will be at what venues are now available and this Friday all venues will hold opening receptions from 6 p.m. to 9 p.m.

Artwalk has two runs of artists and the second opening night will be on Aug. 10.

For more information visit the arts council website at www.ndac.ca or phone 352-2402.

SUBMITTED

Keira Zaslove works on one of her works that will be part of this summer's Artwalk.

Briefly

Branching Out art show

Friday, July 6, 6 p.m. to 9 p.m. at the Red Moon Gallery at 724 Herridge Lane

Recognized potter, Jan Formby, of Red Moon Clay Studio and Gallery, is branching out with a series of oil paintings featuring her favourite beings, trees.

Formby has been dabbling with colour, all kinds of paint and pastels for over 30 years. Her fascination with colour exploded after she took a colour theory class at Alberta College of Art 13 years ago.

Recently, a friend gave Jan a big box of oil paints and the colours started to dance onto scraps of wood, paper and now, good sized canvases.

After two years of colouring Formby realized that there was a definite theme of trees running through her art. There were trees on pottery mugs, plates, and lamps, trees of bronze and trees in all her paintings. It was this strong theme that decided Jan on having a showing of her colourful collection of tree paintings for you to enjoy at Red Moon Gallery this summer.

Beyond the Pale

Tuesday, July 10, 8:30 p.m. at Finley's Bar and Grill

Kootenay Co-op Radio presents Beyond the Pale.

This band's explosive acoustic sound is inspired by a wide range of cross-cultural influences, from klezmer, Balkan, and Romanian music, to bluegrass, jazz, reggae and funk.

Performed with high energy and infectious joy by consummate musicians, Beyond the Pale's dynamic live performances have delighted audiences at major music festivals, theatres, and clubs across Canada and parts of the U.S.

Their first CD "Routes" was nominated "Best World Music Album" at the 2002 Canadian Independent Music Awards, and their most recent release, a live effort of all-new material entitled Consensus, has received wide critical acclaim.

Tickets are $10 at the door, or $8 for Kootenay Co-op Radio members.

Pride-Full

Saturday, July 7 at The Royal on Baker

Pride-Full is an exciting evening of debauchery and frolicking to raise funds for Kootenay Gay Pride.

The dress code is liberal, so get wild, express your pride fully, and come out in all the colours of the rainbow.

The sexy sounds of DJ Hoola Hoop will have you and all those sassy, costumed, colours spinning, and whirling with delight.

This pre-party of the year will also have scintillating visuals by Safire Jones.

Tickets are $10 at the door. You don't have to be 'mo' to go.

Salsa Night

Friday, July 6, 8 p.m. to 11 p.m. at the Spiritbar

Are you itching to dance and party among some of the best Latin dancers in Nelson? Want to dance but can't wait until midnight to get started? Then head over to Spiritbar at the Hume Hotel for another great salsa party!

The evening starts with a half-hour lesson and is followed by dancing. Special guest appearance from Sebastian Alban, a talented Ecuadorian, singing Latin tunes and playing his guitar.

$5 cover charge.

November Rising

Friday, July 6 at The Royal on Baker

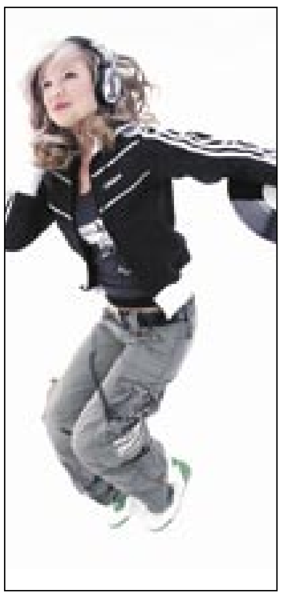
Selkirk Music School graduates November Rising are bringing their sound back to the town that inspired their musical journey.

This dedicated and talented coalition of four bring expertise and exceptional musical backgrounds.

Elements of jazz, metal, classical, and rock create a progressive, original sound that will not disappoint any audience.

November Rising are a passionate group of performers, who present an explosive live experience that you will not want to miss.

Mr. Feely and The Touch will open the show with their signature bang.



Shy FX and B. Traits

Friday, July 6 at the Spiritbar

Headliner Shy FX is on a world tour with his ragga/jungle anthems, light-speed rhythm track and rude-boy scatting.

B. Traits was born and raised in Nelson and discovered her adoration for music at an early age. She picked up the turntable as a creative outlet and after moving to Vancouver has worked dance floors all over the Pacific Northwest.

B. Traits is about to release a mix CD with MC Kay called Deep Sound as the group Ladies Take Control.

Tickets are $15 in advance.

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Arts & Entertainment

Melissa Meretsky's paintings

For the month of July at Cowan Office Supplies at 517 Victoria St.

Meretsky spent two years studying fine art at Victoria College of Art and has become a prolific artist in the three years since.

She is also a singer and percussionist in Wassabi Collective.

Her extensive touring experiences have inspired her brightly coloured, textured, and highly detailed paintings.

Using a variety of media, Meretsky depicts abstract scenes that could be described as otherworldly landscapes or dreamscapes.

Nakusp Music Festival

Friday, July 13 to Sunday, July 15

With Collective Soul, Tom Cochrane and Red Rider, Nazareth, Doc Walker, The Stampeders, Skavenjah, Harlequin and Lillix plus an additional 14 other bands, the Fourth Annual Nakusp Music Fest will be an unforgettable event.

Organizers made one adjustment this year. For Friday night they booked for the first time a "true" headliner, a classic rock giant – Nazareth from Scotland.

They also increased their budget and the extra money will be spent on improved programming and family entertainment, much of the balance will be used to improve professional services, visual effects and guest's amenities.

Once again, a strong focus will be on the family aspect of the show. Besides the classic rock giants the festival pays tribute to the up and coming artists which make the Canadian music scene such a vibrant one.

For the first time it may become possible that the Nakusp Music Fest will reach capacity limits and organizers capped the attendance to 5,500 per day.

As there is a high demand for tickets, it's strongly recommend that anybody interested buy their tickets ASAP.

As most fixed accommodation was already booked soon after the 2006 show ended, any additional attendance is accommodated by temporary RV and tenting sites.

About 1,000 of those new sites have been or will be created within and surrounding Nakusp.

For more details go to www.nakuspmusicfest.ca and review the camping page, call the festival office at 1-877-265-5565 or drop into the office at 119 Broadway St. in downtown Nakusp.

The office is open seven days a week from 9 a.m. to 5 p.m.

For the convenience of guests and to avoid drinking and driving, all of the festival camping locations out of walking distance are connected with a shuttle-bus service absolutely free of charge.

Briefly

DJ Dexter and Mr. Smith

Thursday, July 5 at The Royal on Baker

DJ Dexter and Mr. Smith will be throwing down their brilliant beat as a favour to Chad and Jenna, as they celebrate their 15 year anniversary, and you are all invited!

These talented turntablists are the consummate party starters and the party throwers could think of no one they wanted more to set the stage for this important night in their life.

Consider yourself cordially invited to a fun night of dancing, merry-making, and good times.

Your attendance would be their honour for this free event.

Cyphanex and Emotionz Homecoming with Mat The Alien

Saturday, July 7 at the Spiritbar downstairs at the Hume Hotel

Local hip-hop group Cyphanex return from their European tour with Emotionz to rock the dance floor with Mat the Alien.

Touring through Germany, Austria, Hungary and Romania to support their new releases – Road 2 Ruins and the East Van Mixtape – has made their sets tighter than ever before.

Don't miss this dance-friendly combo of hip-hop, electro, grime, bounce and Baltimore breaks.

Opening set by DJ Digs.

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Arts & Entertainment

Briefly

Kootenay Whitewater Festival

Saturday, July 7 and Sunday, July 8 at the Crescent Valley Beach in South Slocan

Borderline Boater Kayak Club and Endless Adventure are once again hosting the annual Kootenay Whitewater Festival. Enjoy the beauty, serenity and excitement of the Slocan River. The festival is geared to beginner and intermediate paddlers who want to develop skills while having a bunch of fun and meeting new people.

Borderline Boaters is a volunteer-based, non-profit club whose primary purpose is to provide safe and affordable opportunities for all levels of paddlers to enjoy the sport of river kayaking.

The two-day event includes instructional clinics, games and friendly competitive events, barbecue lunches, evening entertainment, a souvenir T-shirt, and lots of prizes including a raffle for a new kayak.

There is limited gear rental so book early if you need gear.

For more information stop by Endless Adventure or call (250) 359-8181 or 1-877-386-8181. Details also at www.borderlineboaters.com

Jonn Lavinnder painting exhibition

Friday, July 6, 7 p.m. at Gaia Rising at 449 Baker St.

The Indigenous Eye is Lavinnder's latest work and was inspired by his book The Ancestors' Path, which defines 36 Paths of Directions.

The principles are based on the concept of six directions: east, south, west, north, below and above.

Each direction has symbolic meanings depending on cultural traditions, and reflects a culture's creation story.

The rock art of North America's indigenous people gives testimony to this fact. Each painting in this series represents the influence of the powers of nature upon living species that inhabit the earth represented by its intrinsic relationship to the seasons.

There will be an artist's talk and demonstration at 8 p.m.

The exhibition will continue through the summer.

Market music

Wednesday, July 11 at the Hall Street Market

On Wednesday, from 12 p.m. to 2 p.m. Kyla Hanna's gently entrancing music will entertain market goers. Hanna's music has strong roots in a traditional folk ballad style while maintaining a contemporary edge. This combination creates a stunning platform for her strong, honest and achingly beautiful voice.

Each song is a story that leads the listener on a journey of melody and myth rich with thoughtful lyrics that provoke the heart and the imagination.

MerQury

Tuesday, July 10 at Spiritbar

MerQury is the ultimate tribute to Queen.

Lead singer Johnny Zatylny, as a high tenor specializing in rock, pop and contemporary music, admired Freddie Mercury's vocal technique right from the start.

Before joining MerQury he performed around the globe and has toured extensively in the U.S. and Canada.

The music of Queen was always a major influence on his vocal style. He has even had his teeth surgically enhanced to look exactly like Mercury's. With MerQury he combines his musical talents with an extravagant stage performance complete with numerous costume changes.

This is one high-calibre Queen tribute show you don't want to miss. Advance tickets $10 at Eddy's or Hume Hotel and $15 at the door.

CHRIS SHEPHERD

The Complete Works of Shakespeare

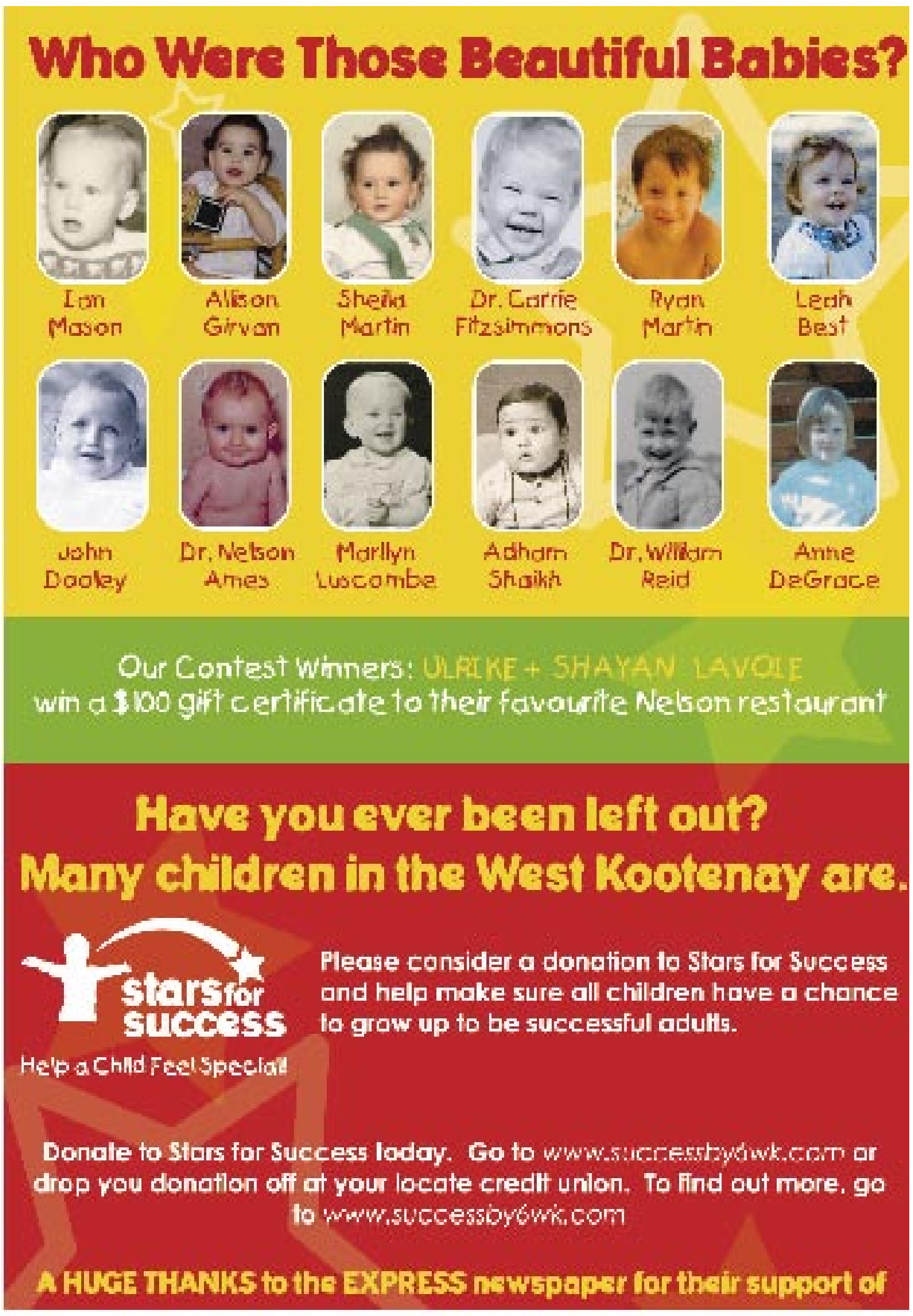
Thursday, July 12 to Saturday, July 14, all shows at 8 p.m. at the Livingroom Theatre

The Livingroom Theatre will once again rock and roll with audience laughter as the TNT Summer Theatre returns with a revival of the hilarious Complete Works of William Shakespeare (Abridged), a 90-minute romp though all of the bard's plays.

Directed by Richard Rowberry, the evening features Taylor Lewis, Nick Ruskin and Ira Cooper.

Taylor plays Hamlet. This is his shot at it. Nick wears the dresses and looks good in them. Ira is still completely unknown. Adriana found him and bears all responsibility if he screws up.

Tickets are a mere $12 ducats at Otter Books starting on Monday, July 9.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Ryan Martin
Leah Best
John Dooley
Dr. Nelson Ames
Marilyn Luscombe
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Anne DeGrace

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News

Tropical plants and the outdoors

The Green Thumb

Carrie Briscoe

This is a great time of year to air out the house, go through all of your stuff and get rid of what you don't need.

In this process many like to bring their tropical plants outside to enjoy the warm weather and to make their homes feel a little less cluttered (this is my main reason for doing so).

Unfortunately, as I am seeing over and over again as I walk through town, too many people are killing their plants by placing them in the middle of their sun drenched yards.

Now I know you have heard me say this before, but I feel it is necessary to say it again: The majority of tropical house plants will not tolerate direct sun.

Here is an easy way to judge where to place your indoor plant outside: Find a place where it will get the same amount of sunlight as it does in your home.

So unless it is a cactus or a succulent or one of the few indoor plants that requires full sun in a south or west facing window, do not put your plants on your wonderfully sunny deck because you will kill them.

There are some steps that should be followed when introducing your plants to the outdoors. First, remember you are moving something that is sensitive to its surrounding from a controlled environment to one with different variables.

Bring you plants out in the cool of the evening and place them where they will be in total shade. This allows your plants to gradually warm up with the rising temperatures the next day and yet stay cool enough so not to go in to total shock.

Second, slowly introduce them to more and more direct light over the first week. This goes for all plants. I placed cacti and succulents into direct sunlight the first time I put them outside for the summer and they literally got burnt, one still bears the black scars.

Thirdly, you must consider the pot your plant is in. Some of the pots we use for indoor plant do not drain and will become swamps if left out in the rain. Find a sheltered spot to move these plants and others that are sensitive to cold water.

Because your plants are outside they will dry out faster than they would indoors and the more you water them the more you will also have to fertilize them. For most plants this is their growing season so they will actually benefit from the added fertilizer.

LAURA DUNCAN

The final mistake people make when they bring their plants out for the summer is forgetting to bring them in before the night temperatures fall too far in the autumn. Remember to bring them in before the night temperature dips below 12 C.

Carrie Briscoe is a certified Arborist and owner of Carrie's Custom Tree Care. If you have any questions for the Green Thumb please send e-mail to express@expressnews.bc.ca

ADS ADS ADS ADS

Business

Briefly

Poi twirling workshop

Saturday, July 14, 10 a.m. at the North Shore Hall

In New Zealand, poi is a food made from the root of the taro plant.

Native people would tie the tough root into cloth sacs and hit them against the rocks to soften the root and make it edible.

When they tired of the task they would spin the sacs of poi around. Great story, but is it true? Very possibly. Poi twirling is an ancient art for the Maori people.

Karen Jasmine began her life in Hawaii eating poi and watching the dancers twirl poi. Teaching and studying belly dancing awakened the circluar movement patterns in her body that naturally reconnected her back to poi spinning.

Be inside an unfolding, mesmerizing mandala, as two balls on two strings circle around you in healing patterns of power and delight. Learn to develop right/left brain balance resulting in awesome co-ordination. Add glow sticks and watch the patterns light up in the darkness.

$25 to register.

Meditation Retreat

Sunday, July 29 to Friday, Aug. 3 at the Tipi Camp

The retreat is open to everyone and will provide guided meditation and instructions to focus the mind on stillness and compassion.

Throughout the day periods of silent meditation will be interspersed with question periods, dharma talks, exercises and individual interviews.

Daily yoga sessions with Karuna Erickson and an evening of trance dance with Rosalyn Grady will help bring greater awareness to the body through movement.

Paul Erickson and Duncan Grady are the meditation and retreat leaders and will be available throughout the retreat to support the participants.

Dance Camp

Friday, July 27 to Monday, July 30 in New Denver

Here a chance to learn swing, ballroom, Latin dance or the cowboy classic two-step.

The Slocan Lake Dance Camp offers workshops for beginners, intermediate and advanced dancers as well as for teens.

Along with the standard favourites, highlights include Viennese waltz, quickstep salsa, samba, double shuffle West Coast swing, hustle and Argentine tango.

The schedule offers two, two-hour workshops at three levels each day and informal social dancing after dark.

Last year more than 70 singles attended the dance camp, more than three times the number the year previous.

Cost is $18 per person per workshop and includes an evening dance.

Visit www.dancingbeat.org for schedule.

Our Way Home
Peace Event and Reunion

Thursday, July 5, 7pm
at the Capitol Theatre

FILM EVENING: *"Breaking Ranks!"* with special guest panelist Arun Gandhi. The story of US military deserters who are coming to Canada during the war in Iraq.

PANELISTS: Filmmaker Michelle Mason, Historian Dr. Jeff Schutts, Arun Gandhi, Jeffrey House, Brandon Hughey, and Isaac Romano.

And then, on
Friday, Saturday & Sunday, July 6, 7 & 8
Brilliant Cultural Centre
& Selkirk College

WORKSHOPS, PANEL DISCUSSIONS & KEY NOTES: Meet Daniel Ellsberg, Tom Hayden, Peggy Mason, Holly Near, Country Joe McDonald, Bob Bossin.

TICKETS AVAILABLE AT THE DOOR AND ONLINE
www.ourwayhomereunion.com.

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I'm good at that

[redacted]

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Classifieds

Answers to Kootenay Crossword

S	H	E	I	L	A	■	A	S	A	T	■	I	P	K
T	A	X	C	U	T	■	M	A	D	E	S	U	R	E
E	S	P	A	N	A	■	I	M	A	G	O	N	E	R
T	H	E	M	A	N	F	R	O	M	G	L	A	D	■
H	E	R	E	■	■	A	S	A	■	■	■	F	I	E
O	S	T	■	A	M	C	■	N	I	T	P	I	C	K
■	■	■	A	C	U	T	E	■	C	H	A	S	T	E
■	J	U	S	T	F	O	R	L	A	U	G	H	S	■
P	A	N	O	U	T	■	S	A	R	G	E	■	■	■
D	U	C	K	P	I	N	■	C	E	S	■	L	I	M
A	N	O	■	■	■	O	W	E	■	■	P	O	M	E
■	T	U	R	K	I	S	H	D	E	L	I	G	H	T
T	I	P	P	Y	T	O	E	■	T	E	N	S	O	R
I	L	L	T	R	E	A	T	■	E	S	K	I	M	O
L	Y	E	■	A	M	P	S	■	S	T	O	N	E	S

see puzzle on page 18

#1–Sudoku

	[redacted]	[redacted]	[redacted]				[redacted]	
		[redacted]			[redacted]			
[redacted]	[redacted]						[redacted]	
	[redacted]	[redacted]	[redacted]		[redacted]	[redacted]		[redacted]
		[redacted]			[redacted]	[redacted]		[redacted]
[redacted]	[redacted]	[redacted]	[redacted]			[redacted]	[redacted]	
	[redacted]						[redacted]	[redacted]
				[redacted]	[redacted]			
[redacted]	[redacted]			[redacted]		[redacted]		

TO WIN: every row, column and 3 by 3 square must each contain the digits 1 to 9.
Moderate difficulty. *Solution on page 19*

#2–Sudoku

		[redacted]				[redacted]		
			[redacted]		[redacted]		[redacted]	
[redacted]				[redacted]	[redacted]			[redacted]
	[redacted]			[redacted]	[redacted]	[redacted]		
[redacted]							[redacted]	
		[redacted]	[redacted]	[redacted]				
			[redacted]					
		[redacted]		[redacted]	[redacted]	[redacted]	[redacted]	
[redacted]		[redacted]		[redacted]	[redacted]		[redacted]	

TO WIN: every row, column and 3 by 3 square must each contain the digits 1 to 9.
More challenging. *Solution on page 19*

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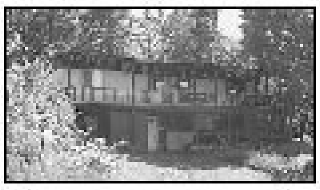

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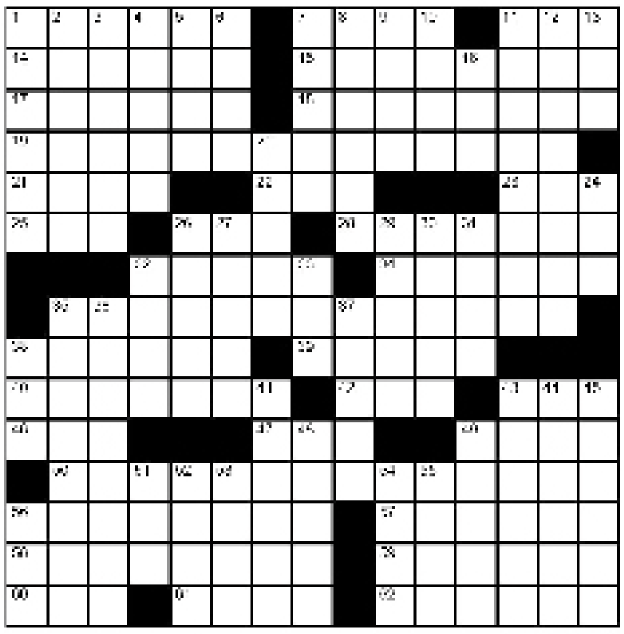
KOOTENAY CROSSWORD

Happy Endings

by Barbara Olson

barbara@lgbas.ca

Answers on page 16



ACROSS

1. Copps of the Commons
7. Have ___ in the matter
11. US toll hwy.
14. Election lure
15. Double-checked
17. Seville's country
18. "It's all over for me"
19. Kitchen Catcher pitcher
21. Roll-call call
22. Simile connector
23. "Phooey!"
25. East, in Germany
26. Film buff's channel
28. Be a fussbudget
32. Sharp in geometry
34. Pure as the driven snow
35. Montreal comedy fest
38. Prove successful
39. Beetle Bailey's boss
40. Bowler's target
42. These, to Thérèse
43. Boundary: Abbr.
46. "It's ___-win situation"
47. Put it on plastic
48. Apple or pear, to a botanist
50. Narnia confection
56. Walk tall?
57. Stretching muscle
58. "Put your money away"
59. Stampeder's rival
60. Strong soap
61. Rock blasters
62. Mick and the boys, with "the"

DOWN

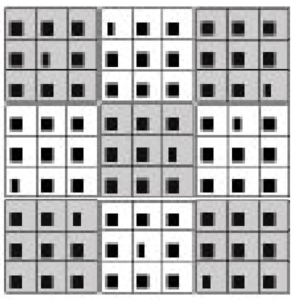
1. Prefix meaning "chest"
2. Reviews, with "over"
3. Hardest level
4. Caesar's "veni"
5. Moon goddess
6. ___ all-time high
7. Mideast statesman: Var.
8. Pago Pago native
9. Ex-NHLer, Fruitvale's Deadmarsh
10. Safecracker, slangily
11. Lunchbag sandwich fare
12. Emulates Nostradamus
13. Flop or plop opener
16. Feels ill
20. Iran
24. Just make (out)
26. Get smart, in a way
27. Grand ___ (Muslim leader)
29. "See if ___" ("I won't bug me")
30. Godfather's goons, e.g.
31. Messenger on The Hill
33. "Dilbert" coworker
34. Toastmasters enrollee's utterances
35. With stylish pizazz
36. Detatch, as railroad cars
37. Spiked the punch
38. Appt. keeper?
41. "It ain't gonna happen"
43. Gets ready to Google, say
44. "Honey ___" (Shania Twain)
45. Montreal subways
48. Makes less dull
49. Left-winger, slangily
51. Home handler: Abbr.
52. Actress Sedgwick
53. Cooper's couple
54. Nous sommes, vous ___, ils sont
55. For fear that
56. Up to, quickly

Parlez-vous *français?*

We can make it sound like you do.

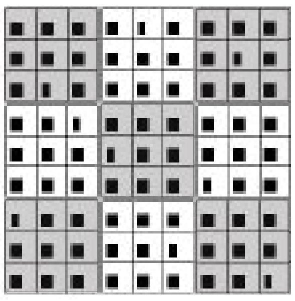
[redacted]

Solution to #1 Sudoku



see puzzle on page 16

Solution to #2 Sudoku



see puzzle on page 16

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Sports & Recreation

Respect the rep

Keeping Fit

Helen Kissinger

When designing a weight training program, there are many variables that can be manipulated to produce the desired outcome.

One of the main variables is the repetition (also known as the rep), the single complete action of an exercise from starting position to completion and back to starting position.

There is an inverse relationship between the weight you lift and the amount of reps completed. Most people can complete about six reps with 85 per cent of maximum resistance, eight reps with 80 per cent maximum resistance, 10 reps with 75 per cent maximum resistance and 12 reps with 70 per cent of maximum resistance.

HELEN KISSINGER

Joy McAdams demonstrates proper curling posture.

In general, a healthy beginner will start with one set of 10 to 12 reps of an exercise, the goal being; to build a base of 70 per cent strength, before moving up into higher resistance and more complex training programs.

The appropriate weight chosen for a particular exercise is therefore one that can be repeated 10 to 12 times before exhaustion sets in and you are unable to complete any more reps. In the world of weight room jargon, this is known as "momentary muscle failure" – one of the few times in our lives that we actually want to fail!

One of the common mistakes that people make when working to failure is actually recognizing when they've reach that point. Many times you can continue with an exercise by using momentum, secondary muscle groups or shortening up the range of motion.

A perfect example of this is with a bicep curl. I commonly see people trying to complete the movement by throwing the hips forward at the beginning of the exercise, using the momentum of the core to curl the weight up instead of just the biceps.

The speed of a rep is another way to manipulate a program. Training is specific, so a sport that requires speed, like hockey, could have quick power jump squats completed in one second rather than the average two to four seconds of a beginner.

On the flip side, someone rehabilitating a knee injury may incorporate an isometric contraction increasing the rep time to five or more seconds.

With the science of designing a weight training program, it is essential that one respects the rep.

Helen Kissinger is the owner/operator of Renew Personal Training and a local resident. She has been helping people achieve their health and fitness goals for 20 years. Do you have a fitness question for Helen? Send by e-mail to express@expressnews.bc.ca

CHRIS SHEPHERD

Janet Field, from Nelson's McIvor rink, sends a stone down the ice at the Mid-Summer Bonspiel on Monday, July 2. The second-to-last summer bonspiel is running this week until Friday's final games.

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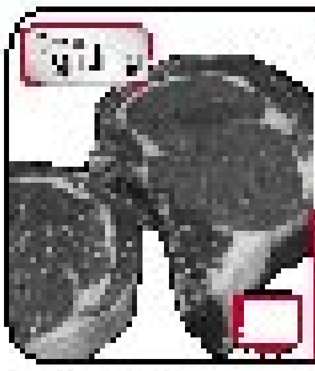

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